



CONSOLIDATED BAPTIST DISTRICT WOMEN'S AUXILIARY NEWSLETTER

Suit Up & Put On The Whole Armor Because This Means War!

Presidential Remarks



Dear Sisters,

As we begin this season of advent, we are mindful that there are many still looking for a Savior. The question begs, have you told others about The Savior of whom we celebrate this Christmas season? There has always been a battle to keep folks from knowing and believing in the true Savior. Even at the time of

His birth, there was a plan by the deceiver to kill Him. But we all know that no one can take His life away and that He freely chose to die to save us from our sins. But the battle continues and we, His children, are called to share the good news to a sin sick world.

Many, like our family, are struggling through a season of grief and need continued prayers. Others may have various storms through which they are going. I don't know what you're battling this season, but I encourage you to put on the whole armor, submit yourself to God and the devil WILL flee from you!

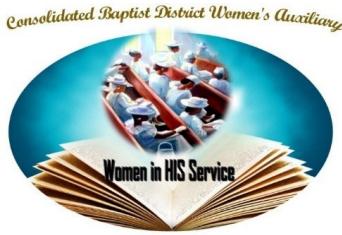
Continue to "Suit Up! – This Means War!"

Merry Christmas

Sister Anna

Inside this issue:

President's Address	1
Advent Reading	2
Book Signing Recap	3
CBDWA Officer , Curry	4
CBDWA Mission Project	4
Upcoming Events	5
Health Note	6



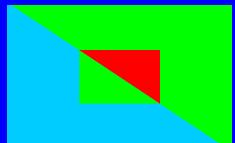
CBDWA

Primary Business Address
P.O. Box 594
Lexington, KY 40588
www.cbdaky.org



CONSOLIDATED BAPTIST
DISTRICT WOMEN'S AUXILIARY

Sister Anna Allen Edwards, President



The Beautiful Meaning and Purpose of Advent

The Advent season is a four-week period before Christmas that celebrates the anticipation and coming of Jesus Christ, the Messiah. The origin of "advent" is from the Latin word *adventus* which simply translates "coming" or "arrival". Not only is the Christian meaning for preparation and celebration of the coming of Jesus Christ, his birth at Christmas, but also to celebrate the new life when someone accepts Jesus Christ as their Savior, and lastly, the anticipation of Jesus returning again.

Why is advent so special?

It is not commanded that we celebrate advent for a certain amount of days nor is it something we must partake in, but it is an incredible opportunity to "remember" as we are so often told to do all throughout scripture. It is a chance to pause and be filled with wonder and awe at all God has done.

You don't have to look far to see how many times God tells the people of Israel to remember. He does mighty things and then tells them to put into place remembrances, memorials, festivals, and other things so that they don't forget how good and faithful He is.

Advent is a season to look back and remember God's faithfulness to His promises, and to build anticipation for what's to come through the Messiah. It causes us to pause, dwell on and rejoice in God's goodness, and remember the big picture story of redemption through Christ that we are a part of as God's people.

Advent readings are built to give you a longing, anticipation, and excitement that leads to the birth of Jesus, the One who will save His people from their sins.

The Four Weeks of Advent

The four Sundays of Advent each have a specific theme or focus. The purpose of each theme is to spend time reflecting on the true meaning of the season - the life of Jesus Christ. The goal should be to come before God with a sincere heart and to worship Jesus Christ. To help the observation of these weeks, many churches lead their congregation through Advent Readings. This tradition includes the reading of Scriptures that reflect the theme of each week.

God's Word is designed to transform our life. To do so, it must be a part of our daily routine.

- * First Sunday of Advent Week 1: Hope (or promise) [Isaiah 9:2, 6-7](#)
- * Second Sunday of Advent Week 2: Preparation (or waiting or prophecy) [Isaiah 40:3-5](#)
- * Third Sunday of Advent Week 3: Joy (or peace) [Matthew 2:10-11](#)
- * Fourth Sunday of Advent Week 4: Love (or adoration) [John 3:16-19](#)

[Crosswalk.com](#)

A Season of
Advent
Reading Plan

The Prophecy

Day 1: Isaiah 9:2-7
Day 2: Isaiah 11:1-5
Day 3: Isaiah 7:10-14
Day 4: Micah 5:1-5
Day 5: 2 Samuel 7:12-16

The Messiah is Born

Day 6: Luke 1:26-33
Day 7: Luke 1:34-38
Day 8: Luke 1:46-55
Day 9: Matthew 1:18-25
Day 10: Luke 2:1-7
Day 11: Luke 2:8-12
Day 12: Luke 2:13-20
Day 13: Matthew 1:1-17

The Gift of Salvation

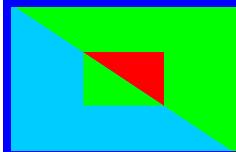
Day 14: Romans 6:20-23
Day 15: Galatians 4:1-7
Day 16: 1 Timothy 1:15-17
Day 17: Titus 3:3-7
Day 18: Philippians 2:6-8

The Messiah Will Return

Day 19: John 14:1-6
Day 20: Daniel 7:13-14
Day 21: Revelation 1:4-7
Day 22: Revelation 3:20-22
Day 23: Revelation 22:12-13
Day 24: Revelation 22:16-17
Day 25: Revelation 22:20



Kingdom Bloggers



Consolidated Baptist District Women's Auxiliary Newsletter

CBDWA

December 2022



2022 Book Signing – Paris Bourbon County Library, Paris KY



Book Signing – Shiloh Baptist Church, Lexington KY

5 FUN IDEAS FOR NEW HOLIDAY TRADITIONS

The holidays are fast approaching and there is no better time to make memories. While the holidays bring a bunch of generational traditions like cooking with family and opening gifts together, there's always space to create new ones. To help you out, here are 5 new traditions you can set with your family this holiday season, courtesy of [Pure Wow](#):

Mystery Gift Swap

Gift-giving is by far one of the most rewarding and stressful aspects of the holiday season. We recommend a mystery gift swap. This works best for adult family members and requires everyone to pick a name out of the hat. You'd only be responsible for getting a gift for the name you picked. Because it is only one gift, instead of many, you can increase the monetary limit and ensure that everyone in the family gets at least one incredible gift.

Holiday Movie Marathon

Nothing says holidays like a good classic movie. Gather your loved ones, set

aside an entire day, and get the drinks and snacks ready because it's going to be a great family bonding time!

Give Back to Those in Need

This is an oldie but goodie and nothing gets you more in the festive spirit than giving back to those less fortunate. There are a variety of ways to give back and whether you donate gently used clothing, feed locals at a shelter or give money to a worthy cause, it'll help make a difference. The point of this holiday tradition is to enroll the whole family in the good deed and make it an annual tradition that warms hearts for generations to come! You can join CBDWA Missions and donate to the Ronald McDonald House this December.

Holiday Photos

This is one of our personal favorites to do and every year it gets better and better. The goal is to pick a theme for your holiday card and get

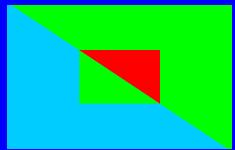
the whole family to take pictures together. If you can coordinate everyone's schedules and outfits, you'll have beautiful cards every year and that one memory is priceless!

Write A Holiday Letter

Holiday cards are great, but a holiday letter is even better. The letter can be in addition to the card, or it can be something you send out separately, the choice is completely up to you. The point is that you have everyone contribute with an update, something they're grateful for or their favorite memory and you send it out to your closest family and friends. The letter gives you a chance to reflect on the year while also giving an update to those loved ones who you may not talk to as much. In 10 or 15 years, imagine how many amazing memories you will have accumulated on paper for the whole family to see.

Cheers to setting new traditions!
Happy Holidays!

BOTWC Staff



Consolidated Baptist District Women's Auxiliary Newsletter

CBDWA

December 2022

Connie Burton-Curry



CBDWA CORRESPONDENCE SECRETARY

Connie Burton-Curry, a native of Winchester Ky is the youngest daughter of the late Annette Jordan Burton. She is the wife of Jonathan Curry of Winchester and to that union are three son's Trevon, Jerrick and Ethan; eight grandchildren, Xavier, Talejah, Brayden, Elijah, Jamar, Remi, Cannon and Emmerick. She is a proud member of the Corinthian Missionary Baptist Church where she serves as the Church Clerk, Sunday School Teacher and the Usher Board. She is a member of the Winchester Black History & Heritage Committee and employed by Valeo, North America for 24 years and the Clark County Public Library.

*Her favorite scripture is
“Oh give thanks to the Lord,
for he is good, for his steadfast love
endures forever!”
Psalm 107:1*

Families are stronger when they are together, which helps in the healing process.

The **Ronald McDonald House** allows families to access specialized medical treatment by providing a place to stay at little or sometimes no cost.

CBDWA MISSION CORNER

Consolidated Baptist District

Women's Auxiliary

Missions Corner

December 2022

Ronald McDonald

House of the Bluegrass

No time for shopping

Gift A Bear Hug

at the link below.

<https://rmhlexington.com/donate/bearhugs22/>

Donations can be delivered to the Ronald McDonald House
1300 Sports Center Dr. Lexington, KY
859-268-0757

TOP NEEDS:

- Peanut Butter Crackers
- Cheese Crackers
- Individual Bags of Chips
- Individual Tuna Kits
- To Go Containers
- Juice boxes
- Applesauce Cups
- Barilla Microwavable Meals
- Fruit Bars
- Hormel Completes Single Serve Microwavable Meals
- Individual Cookie Packs
- Individually wrapped Snack Cakes
- Beef Jerky Individually Wrapped
- Single Serve Cereal

HOUSEHOLD NEEDS

- Aluminum Foil
- Paper Towels
- Paper Plates
- Disposable Bowls
- LED Light Bulbs
- Laundry Detergent

CLEANING SUPPLIES

- Baby Safe Detergent
- Dryer Sheets
- Fabric Softener
- Magic Erasers
- Steel Wire Cleaning Pads
- High-Efficiency Dish Washer Soap
- Disinfectant/Cleaning Wipes
- Swiffer Wet Mop Refills
- Swiffer Dusters
- Stainless Steel Cleaner

UPCOMING Mission Projects

* **CHRISTMAS**

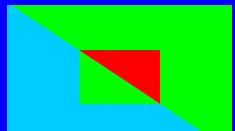
Cards to the widows in the district. Please make sure we have the names of those in your church.

* **MARCH 2023**

Collecting medicine bottles for impoverished countries

The CBDWA Missions Team thanks you for your support

Merry Christmas!



Consolidated Baptist
District Women's Auxiliary Newsletter

CBDWA

December 2022

2023 CBDWA Prayer Breakfast & Women's Annual Retreat

SUIT UP! This Means War!

Ephesians 6:10-14



Saturday, July 8, 2023
Blue Licks Battlefield State Resort Park

10299 Maysville Road, Carlisle, KY 40311

More details to come...

Follow us on Facebook

Visit us at www.cbdaky.org

CBDWA President, Anna Allen-Edwards

CBDA Moderator, Rev. Reginald Davis



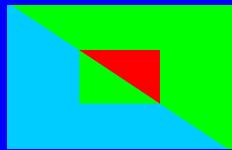
Mark Your Calendars & Save the Dates

Y.A.I.G - March 4, 2023 (TBA)

W.I.W. - May 12, 2023
Historic First Baptist Church at Camp Nelson

Women's Retreat & Prayer Breakfast
July 8, 2023
Blue Licks Battlefield State Resort Park

Visit us at www.cbdaky.org & Follow us on Facebook
CBDWA President: Anna Allen-Edwards
Consolidated Baptist District Women's Auxiliary



HEALTH NOTE: Tips for Avoiding Holiday Blues

WHAT ARE THE HOLIDAY BLUES?

In a survey on the Holiday Blues

64% say they are affected

and 24% say the holidays affect them a lot.

So, what are they?

The Holiday Blues are temporary feelings of anxiety or depression during the holidays that can be associated with extra stress, unrealistic expectations or even memories that accompany the season.

This might include:

Fatigue	Loneliness or isolation
Tension	Sadness
Frustration	A sense of loss

The difference between the holiday blues and clinical anxiety or depression is that the feelings are temporary. However, short-term problems must still be taken seriously because they can lead to long-term mental health conditions.

Tips for avoiding the Holiday Blues

- Stick to normal routines as much as possible.
- Get enough sleep.
- Take time for yourself, but don't isolate yourself. Spend time with supportive, caring people.
- Eat and drink in moderation. Don't drink alcohol if you are feeling down.
- Get exercise—even if it's only taking a short walk.
- Make a to-do list. Keep things simple.
- Set reasonable expectations and goals for holiday activities such as shopping, cooking, entertaining, attending parties or sending holiday cards.
- Set a budget for holiday activities. Don't overextend yourself financially in buying presents.
- Listen to music or find other ways to relax.

Remember

The holiday blues are short-term. Be patient. Take things week by week or day by day.

Learn more at <http://www.nami.org/holidayblues>

Tips for Managing the Holiday Blues

By Luna Greenstein

Many people can experience feelings of anxiety or depression during the holiday season. People who already live with a mental health condition should take extra care to tend to their overall health and wellness during this time.

Extra stress, unrealistic expectations or even sentimental memories that accompany the season can be a catalyst for the holiday blues. Some can be at risk for feelings of loneliness, sadness, fatigue, tension and a sense of loss.

A lot of seasonal factors can trigger the holiday blues such as, less sunlight, changes in your diet or routine, alcohol at parties, over-commercialization or the inability to be with friends or family. These are all factors that can seriously affect your mood.

However, there are certain things you can do to help avoid the holiday blues. Ken Duckworth, M.D., NAMI's medical director, shares advice for managing your health—both mental and physical—during the holiday season.

Consolidated Baptist District Women's Auxiliary Officers 2022-2023

President
Vice President
Treasurer
Financial Secretary
Recording Secretary
Corr. Secretary
Historian
Health Coordinator
Musician

Francine Booth
Renee Burns
Paula Hardin
Evelyn Moore

Valerie Marshall
Tara Crumbie
Hazel Compton
Brenda Carter
Pamela Thompson
Elaine Farris
Rosalyn Akins
Valinda Livingston
Delma Peoples
Ollie Ragland

Anna Allen Edwards
Vonita Bennett
Vida Brown
Sherry Jackson
Linda Gates
Connie Curry
Eleanor Barbour
Anissa Webb
Toya Johnson

Executive Board Members

Shiloh Baptist Church
Second Baptist Church, May's Lick
Shiloh Baptist Church
Bethsaida Baptist Church
Historic First Baptist, Camp Nelson
Corinthian Baptist Church, Winchester
Washington Missionary Baptist Church
Centerville Missionary Baptist Church
Mt. Calvary Baptist Church

First Baptist Church, Nicholasville
Corinthian Baptist Church, Winchester
Macedonia Baptist Church
First African Baptist Church

President's Council

Historic Pleasant Green Baptist Church
Previously Zion Baptist Church
Jabez Baptist Church
Bethsaida Baptist Church
Historic Pleasant Green Baptist Church
Bracktown Baptist Church
Bracktown Baptist Church
Shiloh Baptist Church
Historic Pleasant Green Baptist Church
First Baptist Church - Stanford